

Please note, this is just a sample of an end-year report; to determine exactly what is needed for the specific level(s) your school is achieving this year go to the end-year report checklists.

## GMS End-Year Report

2008-2009

School Green Meadow Elementary

Mentor's Name Courtney Hall LHD Salt Lake Valley

School Coordinator's Name Mark Scheer

Principal's Name Kathleen Miller

07-08 Level Gold 08-09 Level Platinum

### BRONZE

- ☒ #1: 90 minutes of PE policy
- ☒ #2: Health Ed Core Curriculum is taught
- ☒ #3: Gold Medal Mile
- ☒ #4: Safe Routes policy and maps
- ☒ #5: Tobacco Policy
- ☒ #6: Heart Health surveys

### SILVER

- ☒ #1: PTA/PTO health event
- ☒ #2: Faculty and staff wellness policy
- ☒ #3: Competitive and non-competitive programs
- ☒ Criteria Menu #1: Walk to School Day
- ☒ Criteria Menu #9: Red Ribbon Week
- ☐ Criteria Menu #10: Olympic Field Day

### GOLD

- ☒ #1: PE teacher/specialist policy
- ☒ #2: Non-food incentive policy
- ☒ #3B: Team Nutrition
- ☒ #3F: Food Service Training
- ☒ #3G: Non-Food Fundraiser
- ☒ #3I: Recess Before Lunch
- ☒ Criteria Menu #3: Grocery Store Tours
- ☒ Criteria Menu #11: Community use of facilities

## PLATINUM

- ☒ #1: School Community Council established and meets regularly
- ☒ #2: Healthy Choices policy
- ☒ #3: Year-long faculty/staff wellness program
- ☒ #4: Family and community involvement in GMS \_\_\_\_\_
- ☒ #5a: Recess Before Lunch Policy or
- ☐ #5b: Adequate Eating Time policy

## PLATINUM FOCUS AREA – MENTAL HEALTH

- ☐ #1: Medical Recommendations Policy
- ☐ # : \_\_\_\_\_

I, Kathleen Miller, (principal's name) have read and approve all the Gold Medal Schools Policies. These policies were implemented in the 2008-2009 school year. Green Meadow Elementary has communicated these policies to staff and faculty.

Kathleen Miller  
Principal's Signature

4/1/09  
Date

# Green Meadow Elementary Newsletter

January 2007  
Volume 1, Issue 1

Principal Name Here  
Vice-Principal Name Here



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## Upcoming Events

- ◆ Event One
- ◆ Event Two
- ◆ Event Three

## Principal's News

The purpose of a newsletter is to provide specialized information to a targeted audience. A school newsletter can be a great way to develop a strong relationship with parents.

First choose a short title for your newsletter— something like "School News," or "Back to School." As you choose the title, also take time to think about the newsletter's theme. What important messages do you want to send parents and families?

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish the newsletter and its length.

Use the body of your school newsletter to keep parents apprised of major assignments and class events, as well as of any school district news. Share news for specific grade levels, and tell parents about upcoming events, new

faculty, and school policies. You can also provide explanations of how projects and daily work conform to the state standards.

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March 2007  
Volume 1, Issue 1

Principal Name Here  
Vice-Principal Name Here



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**Platinum #1:** Green Meadow Elementary already had a School Community Council in place. They meet on the second Tuesday of each month. Members of the council included four parents or guardians, three school employees, and the principal. Before this year health was not discussed regularly.

To meet this criterion, a health topic was added to the agenda of each meeting and additional members were invited to participate. Two students, the school coordinator, and a food service worker were invited to the beginning of each meeting (when health topics were discussed). After health and Gold Medal School topics were discussed, the additional members were excused.

**Green Meadow Elementary  
Community Council Agenda  
January 9, 2009**

1. Gold Medal Schools
2. QTSA
3. Survey form teachers
4. Trust Lands

## Platinum #2

### Healthy Choices Policy

**Intent:** Healthy food and beverage choices shall be available wherever and whenever food and beverages are available outside of school meals. This includes school celebrations and events, a la carte, class parties, assemblies, fundraisers, concession stands, vending machines, school stores, etc.

Healthy choices must meet the following guidelines:

#### **Nutrition Guidelines for Food**

Snack items should not exceed:

- 200 calories
- 35% calories from fat (70 calories or less)
- 10% calories from saturated and trans fat (2gm or less)
- 35% calories from total sugar by weight

A la carte items should not exceed:

- 400 calories
- 35% calories from fat (140 calories or less)
- 10% calories from saturated and trans fat (4.5gm or less)
- 35% calories from total sugar by weight

In addition, it is recommended that the snacks and a la carte food items contain one of the following:

- 5gm protein per serving
- 2gm fiber per serving
- 10% of the DV for any of the following – calcium, iron, vitamin A or vitamin C

NOTE: Nutrition guidelines for food does not include legumes, nuts, nut butters, seeds, egg, cheese, vegetables (not fried), and fruits.

#### **Nutrition Guidelines for Beverages**

Beverages should be limited to:

- Water that is non-flavored, non-sweetened, non-carbonated
- 100% fruit and/or vegetable juice with no added sweeteners
- Unflavored/flavored low fat (1%) and fat free milk and milk alternatives (soy and rice) with no more than 30g carbohydrate per 8oz

#### **Calculations:**

Calories from total fat

$$\text{calories from fat} \div \text{total calories} \times 100$$

Calories from saturated fat

$$\text{grams of saturated fat} \times 9 = \text{calories from saturated fat}$$

calories from saturated fat ÷ total calories x 100  
Total sugar by weight  
Grams of sugar ÷ gram weight of product x 100

**Examples of Healthy Food and Beverage Choices:**

Sunkist tuna with crackers  
Snyder's pretzels  
Beef jerky –97% fat free  
Yogurt and/or gogurt  
String cheese  
Breakfast cereal bars  
Trail mix  
Nuts and seeds  
Fruit Rockets (applesauce w/ different flavorings)  
Fruit leather  
Baked chips  
Pudding –low fat  
100% fruit and/or vegetable juices  
Cereal bowls  
Nature Valley granola bars  
Quaker fruit and oatmeal bars  
Soymilk  
Low fat or fat free milk

**Rationale:** A school's nutrition environment is influenced by all food available at the school. Foods with little nutritional value compete with healthy school meals. Mixed signals are sent to students when health and nutrition are taught in the classroom but are not upheld in the lunch area. By providing healthy choices to students their eating habits and education achievements will improve.<sup>1, 2</sup>

**Reinforcement:** This policy will be reviewed each year. Faculty, staff, parents, PTA, fund-raising groups, and all other groups or people bringing food into the school will be given a copy of this policy each year.

All groups in violation of this policy will:

- On first violation receive a warning
- On second violation be asked to remove food that day
- On third violation no longer have the privilege to bring food on school property or at school-sponsored functions.

1. American Journal of Clinical Nutrition, *Brief fasting, stress, and cognition in Children*, 1981, Vol 34

2. Journal of Psychiatric Research, *Fasting and cognitive function*, Vol 17 issue 2

**Platinum #3:** Faculty and staff were given permission to use the local high school's fitness center throughout the school year for a small maintenance fee. The fitness center was available to faculty and staff from 5:30 AM to 7:00 AM and 3:00 PM to 5:30 PM Monday through Friday. Faculty and staff were made aware of this at the first faculty meeting of the year and were encouraged to take advantage of this opportunity at faculty meetings throughout the year.

Information on physical activity and nutrition were provided to faculty and staff through a monthly newsletter created by the mentor. The newsletters were distributed in teachers' boxes on the first Tuesday of each month.

**Platinum #4:** Families and the community were invited to the Gold Medal Schools Kick-Off Assembly where they learned about GMS. At the assembly, we announced the days and times the school would be walking the GMM and encouraged parents to join. Afterward, we walked the Gold Medal Mile around the outside of the school. Many parents have walked the GMM with their students since the assembly. Parents will also be invited to the end-year assembly and to participate in the gold medal mile after the assembly.



## Platinum #5B

### Recess Before Lunch Policy

**Intent:** Green Meadow Elementary will schedule recess immediately before lunch.

Each class will be assigned a letter; this will help the students know when to come in for lunch. Students will be dismissed for recess at the appropriate time. After a fifteen minute recess the playground duty will blow a whistle and show the letter to indicate which classes will then go in for lunch. The students will line up and go into the school to wash their hands. They will then line up for lunch. When the student's twenty-minute lunch is over, their teacher will come to pick them up for class.

The lunch schedule for all grades is as follows:

Grade	Letter	Dismiss to Recess	Recess Pick Up, Wash, Line Up for Lunch	Teacher Pick-Up for Class
Second	A	11:30	11:50	12:10
Second	A	11:30	11:50	12:10
First/Second	B	11:35	11:55	12:15
First	B	11:35	11:55	12:15
First	C	11:40	12:00	12:20
Third	C	11:40	12:00	12:20
Third	D	11:50	12:10	12:30
Fourth	D	11:50	12:10	12:30
Fourth	E	11:55	12:15	12:35
N/A	E	11:55	12:15	12:35
Fifth	F	12:00	12:20	12:40
Fifth	F	12:00	12:20	12:40
Third/Fourth	G	12:10	12:30	12:50
Sixth	H	12:15	12:35	12:55
Sixth	H	12:15	12:35	12:55

**Rationale:** Having recess immediately before lunch will help

- Improve student behavior on the playground, in the cafeteria, and classroom
- Students waste less food and drink more milk. This leads to increased nutrient intake
- Students will be more settled and ready to learn upon returning to the classroom
- Students enjoy their food more and try healthier options

**Reinforcement:** This policy will be reviewed each year. Faculty will be made aware of this policy at a faculty meeting. Parents will receive a letter informing them of this new policy in their back to school packet.